



# Guadalupe Westside Community Plan

## COMMUNITY HEALTH, EDUCATION, AND WELL-BEING

*Goals, Objectives, and Action Steps*





# COMMUNITY HEALTH, EDUCATION, AND WELL-BEING

## GOALS & OBJECTIVES

### AT-A-GLANCE

#### GOAL 12: ASSIST INDIVIDUALS WITH BASIC NEEDS

- 12.1 Connect Individuals and Families with Services to Help Meet Basic Needs
- 12.2 Address Homelessness in the Community
- 12.3 Improve Community Health Through Better Nutrition

#### GOAL 13: STRENGTHEN THE FAMILY UNIT

- 13.1 Broaden Educational Opportunities for Individuals
- 13.2 Foster Intergenerational Support within the Community

#### GOAL 14: PROMOTE PARTICIPATION IN CULTURAL ARTS PROGRAMS

- 14.1 Community Participation in Cultural Arts Programs
- 14.2 Economic Development and Cultural Heritage

#### GOAL 15: ENHANCE PARTICIPATION IN ACTIVE RECREATION

- 15.1 Community Participation in Sports and Active Recreation

#### GOAL 16: INCREASE PARTICIPATION IN NEIGHBORHOOD ORGANIZATIONS

- 16.1 Strengthen Cooperation among area Community Organizations
- 16.2 Encourage the Establishment of Neighborhood Associations
- 16.3 Encourage Collaboration among Adjacent Community Plan Areas





*Local Art and Crafts*

The Community Health, Education, and Well-Being Chapter focuses on individuals and families. Issues addressed include: **Homelessness, Nutrition, Senior Quality of Life, Child Care, Education, Cultural Arts, Active Recreation, Faith-Based Organizations, Neighborhood and Community Organizations.**

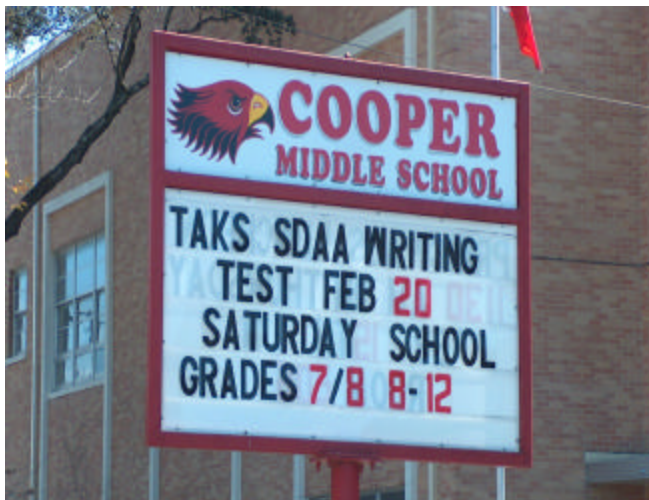


*Area Mural / Street Art*

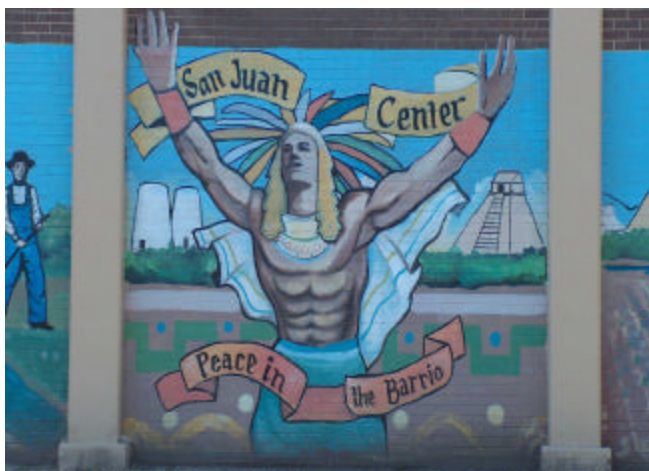


*Mujer Artes - Co-operativa de Esperanza*





Plaza Guadalupe - Lila Downs Concert



Mural - San Juan Brady Community Center



Folkloric Dancers - 16 de Septiembre Celebration





## **GOAL 12: ASSIST INDIVIDUALS WITH BASIC NEEDS**

Increase the community's knowledge about and access to, social services that meet the basic needs of residents such as food, shelter and healthcare.

### **OBJECTIVE 12.1. CONNECT INDIVIDUALS AND FAMILIES WITH SERVICES TO HELP MEET BASIC NEEDS**

#### **12.1.1 Increase knowledge about and strengthen participation in existing social services programs for family / life education and counseling.**

- Ensure that resource guides, such as the West Side Community Resources Directory published by Making Connections – The Annie E. Casey Foundation and the United Way Directory, are widely available to community residents.

*Timeline:* Short

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Making Connections, COPS/Metro Alliance, Faith Based Groups, Neighborhood Associations and Community Organizations, Avenida Guadalupe Association

*Proposed Funding Sources:* Grants, Existing Programs, Volunteer

#### **12.1.2 Advocate for programs that target mismatches or gaps between existing social services programs and the current or anticipated needs of the community.**

- Develop a localized counseling and treatment program(s) that address the long-term needs of persons with mental illness and/or drug dependency.

*Timeline:* Mid - Long

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* COSA Community Initiatives Department, Making Connections, Neighborhood Associations and Community Organizations, Inman Christian Center, Local Churches, City Council Person

*Proposed Funding Sources:* General Fund, Private Sponsors

### **OBJECTIVE 12.2: ADDRESS HOMELESSNESS IN THE COMMUNITY**

Encourage more proactive solutions to homelessness that include sensitivity education to the community as a whole and assisting those without homes to find permanent shelter as well as appropriate treatment if necessary.

#### **12.2.1 Identify outreach programs that currently exist for the homeless population. Explore ways to expand their capacity and locations, as well as services provided.**

- Advocate the incorporation of long-term treatment services into housing and shelter provisions.





- Coordinate with property owners and COSA Community Initiatives – Community Action Division to make more housing units accessible to individuals and families at high risk of becoming homeless.

*Timeline:* Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* COSA Community Initiatives – Community Action Homeless Assistance Program, local homeless shelters, faith based organizations, Goodwill Industries, Salvation Army, San Antonio Regional Alliance for the Homeless (SARAH), City Council Person, St. Mary's Center for Legal and Social Justice, Veteran's Service Center, U.S. Department of Health and Human Services

*Proposed Funding Sources:* Volunteer, Private Funds, Local, State and Federal Grants

#### **12.2.2 Address the community's response to homelessness by providing sensitivity education programs.**

- Broaden the discussion between community residents about the underlying issues regarding homelessness.
- Concentrate on research that identifies the demographics and socio-economics of homelessness in the community.

*Timeline:* Short - Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* COSA Community Initiatives Department, local homeless shelters, faith based organizations, Goodwill Industries, Neighborhood Associations and Community Organizations, UTSA Sociology Department

*Proposed Funding Sources:* Minimal / Volunteer

### **OBJECTIVE 12.3: IMPROVE COMMUNITY HEALTH THROUGH BETTER NUTRITION**

Increase options for healthy food among area restaurants and grocery stores.

#### **12.2.2 Provide education to the community concerning proper nutrition. Explore programs such as cooking demonstrations at grocery stores and cooking classes.**

- Coordinate with schools within the planning area to have bilingual informational brochures, about nutrition sent home with children on a regular basis.

*Timeline:* Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Metro Health Dept., Texas Diabetes Institute, Bexar County Extension Office, American Diabetes Assoc., Parish Nurses, United Way, SAISD, AVANCE, Women, Infant and Children (WIC) Offices, HEB Grocery Store

*Proposed Funding Sources:* City, County, Private





### 12.3.2 Encourage area restaurants, grocery stores and schools to provide a wider variety of healthy foods.

- Promote local restaurants that offer a greater selection of healthy menu items.
- Advocate for area grocery stores to provide product lines that support healthier food items at reasonable prices, like those available in other areas of the city.
- Ensure that the schools within the planning area provide healthy food options.

*Timeline:* Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Local Restaurants, Grocery Stores, San Antonio Food Bank, Produce Terminal Market, Tri-County Farmer's Market Association, Texas Dept. of Agriculture, SAISD, PTA

*Proposed Funding Sources:* Public and Private

## GOAL 13: STRENGTHEN THE FAMILY UNIT

Increase options for all generations of families within the community to include education, day care for the very young and social opportunities for elders.

### OBJECTIVE 13.1: BROADEN EDUCATIONAL OPPORTUNITIES FOR INDIVIDUALS

Promote enhancements in area schools and other educational institutions/programs to increase their effectiveness and enrollment for all ages within the planning area.

#### 13.1.1 Identify current initiatives with the SAISD to improve academic standing of schools in the area.

- Identify strategies to increase parent and grandparent involvement in the schools, such as after school tutoring and adult education/literacy programs.
- Seek funding and volunteers to expand after-school programming that includes the participation of all generations of the community.

*Timeline:* Short –Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* School District Guidance Counselors, Principals and Vice Principals, PTAs, Mentoring Programs, UTSA, Branch Library, Making Connections, Communities Organized for Public Service (COPS), Local Senior Centers, Local Cultural Centers

*Proposed Funding Sources:* Minimal / Volunteer





**13.1.2 Investigate and publicize programs that advise and assist students with college application and funding such as San Antonio Education Partnership, COSA YO (Youth Opportunity) Program, Project Quest, COSTEP (Council for South Texas Economic Progress), AIE (Adventures in Education).**

- Host college awareness seminars at the elementary and middle school campuses for parents and high school age students to learn about applications, scholarships and financial aid opportunities for first-time college students and for the non-traditional student.
- Create community connections to the area colleges such as San Antonio Community College, St. Philips College, and Palo Alto College by inviting speakers to share information about their programs.
- Develop mentoring programs with local colleges for middle and high school age children.

*Timeline:* Short and on-going

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* School District Guidance Counselors, Principals and Vice Principals, PTAs, Mentoring Programs, UTSA, Our Lady of the Lake University, St. Mary's University, Alamo Community College District, Making Connections, Communities Organized for Public Service (COPS), San Antonio Education Partnership existing program, Project Quest, COSTEP, AIE, COSA Youth Opportunity Program

*Proposed Funding Sources:* Volunteers, San Antonio Education Partnership existing program, Project Quest, COSTEP, AIE, COSA Youth Opportunity Program

**COLLEGE PREPARATION PROGRAM WEBSITES**

<b>COSTEP</b>	<a href="http://www.costep.org/">http://www.costep.org/</a>
<b>SAED</b>	<a href="http://www.saedpartnership.org/">http://www.saedpartnership.org/</a>
<b>AIE</b>	<a href="http://www.adventuresineducation.org/">http://www.adventuresineducation.org/</a>
<b>COSA YO</b>	<a href="http://www.sanantonio.gov/comminit/yo/yomain.asp">http://www.sanantonio.gov/comminit/yo/yomain.asp</a>
<b>Project Quest</b>	<a href="http://www.questsa.com/">http://www.questsa.com/</a>

**COSA YO! YOUTH OPPORTUNITY CENTER LOCATIONS**

<b>Mexican American Unity Council (MAUC)</b>	<b>St. Philips College</b>	<b>San Antonio College</b>
<b>2300 W. Commerce, Ste 300</b>	<b>800 Quintana Road</b>	<b>218 W. Ashby</b>
<b>(210) 207-6100</b>	<b>(210) 932-5761</b>	<b>(210)785-6207</b>





### **13.1.3 Increase the awareness of GED programs at the Learning Centers and encourage residents to participate.**

*Timeline:* Short

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Margarita Huantes Learning Center, SAISD, COSA Community Initiatives Department, Making Connections

*Proposed Funding Sources:* Minimal / Volunteer

### **13.1.4 Expand career training and job opportunities.**

- Investigate how business and community leaders can align their businesses to establish internships, “job shadowing” programs or career day informational presentations for middle school and high school aged students.
- Explore different reintegration programs for people recently released from prison to help connect them to life skills training programs and employment opportunities.

*Timeline:* Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* San Antonio Technical Schools/Institutes, Local Businesses, Avenida Guadalupe Association, COSA Community Initiatives Department, Project QUEST, Texas Department of Human Services, Bexar County Detention Ministries, Texas Workforce Commission

*Proposed Funding Sources:* Volunteer, Private, State and Federal Funding

## **OBJECTIVE 13.2 FOSTER INTERGENERATIONAL SUPPORT WITHIN THE COMMUNITY**

### **13.2.1 Increase community organizations’ outreach and programming to seniors.**

*Timeline:* Short

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* AARP, Local Branch Library, Faith-Based Organizations, Esperanza Peace and Justice Center

*Proposed Funding Sources:* Minimal / Volunteer

### **13.2.2 Investigate the possibility of establishing a one-stop multigenerational and multi-functional community center that includes:**

- Library
- Recreational Center
- Day activity programs
- Day care for seniors and the young, as well as after-school care
- Social worker on site, support groups





- Health education including forums on health care and family issues such as family violence and caregivers for seniors
- Social and educational activities for families
- Community arts programs
- Guadalupe Community and Cultural History center/museum that uses the resources and knowledge of the senior citizens of the community

*Timeline:* Mid - Long

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* City of San Antonio Library, COSA Parks and Recreation, Community Initiatives and Health Departments, Making Connections, COPS, Esperanza Center, Guadalupe Cultural Arts Center, Casa de Confianza Adult Day Care, City Council Person, Alamo Area Council of Governments (AACOG)

*Proposed Funding Sources:* Federal administration on aging grants, federal grants that target special populations and their needs, General City Fund, Alamo Area Agency on Aging

### **13.2.3 Identify current day/child care options for residents in the community and seek new opportunities for affordable care.**

*Timeline:* Short – Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Faith-Based Organizations, Local Day Care Centers, COSA Community Initiatives Department - Child Care Delivery Division

*Proposed Funding Sources:* COSA Community Initiatives Department, Project Quest

## **GOAL 14: PROMOTE PARTICIPATION IN CULTURAL ARTS PROGRAMS**

### **OBJECTIVE 14.1 COMMUNITY PARTICIPATION IN CULTURAL ARTS PROGRAMS**

#### **14.1.1 Provide constructive arts programming for youth that affirms their identity through history, culture and tradition.**

- Increase programs that link youth with their elders.
- Encourage activities that promote a positive community identity and the cultural grounding of youth.

*Timeline:* Short - Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Esperanza Peace and Justice Center, Guadalupe Cultural Arts Center, Guadalupe Community Center, Mujer Arte, Casa de Cuentos, San Anto Cultural Arts, Our





Lady of the Lake Center for Women in Church and Societies (oral histories), United Way Hispanas Unidas (Escuelitas Program), Local Churches, SAISD

*Proposed Funding Sources:* Private and Public

#### **14.1.2 Encourage intergenerational community participation in cultural arts programs.**

- Reinvigorate public spaces so that they may be utilized as a meeting ground for all generations to create a sense of place based upon culture, tradition and pride.
- Create programs that foster exchanges between the generations, for example community gardens.

*Timeline:* Short - Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Esperanza Peace and Justice Center, Guadalupe Cultural Arts Center, Guadalupe Community Center, Mujer Arte, Casa de Cuentos, San Anto Cultural Arts, Our Lady of the Lake Center for Women in Church and Societies (oral histories), United Way Hispanas Unidas (Escuelitas Program), Local Churches

*Proposed Funding Sources:* Minimal / Volunteer, Existing Programs

#### **14.1.3 Encourage neighborhood and community pride through participation in the arts.**

- Widen the local use of existing community plaza space by bringing a greater diversity of activities to the plaza.
- Strengthen mural programs that link mature artists and community members with local youth as an alternative to tagging and unwanted graffiti.

*Timeline:* Short - Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Esperanza Peace and Justice Center, Guadalupe Cultural Arts Center, Guadalupe Community Center, Avenida Guadalupe Association, Mujer Arte, Casa de Cuentos, San Anto Cultural Arts, Our Lady of the Lake Center for Women in Church and Societies (oral histories), United Way Hispanas Unidas (Escuelitas Program), Local Churches

*Proposed Funding Sources:* Public, Private, Volunteer, Existing Programs

### **OBJECTIVE 14.2 ECONOMIC DEVELOPMENT AND CULTURAL HERITAGE**

#### **14.2.1 Work with Economic Development Committee to promote infusion of cultural history in economic revitalization strategies.**

- Reinvigorate the public plaza concept to get people out and into the community.
- Create studio space within the area for local artists and artisans to contribute to the local economy.





*Timeline:* Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* School District Music and Art Programs, Guadalupe Cultural Arts Center, Guadalupe Community Center, Esperanza Peace and Justice Center, Avenida Guadalupe Association, Mujer Arte, Casa de Cuentos, Our Lady of the Lake Center for Women in Church and Societies (oral histories), Local Churches, COSA Office of Cultural Affairs

*Proposed Funding Sources:* General Fund, Texas Committee for the Arts, Texas Committee for the Humanities, Texas Historical Commission Urban Main Street Program

## GOAL 15: ENHANCE PARTICIPATION IN ACTIVE RECREATION

### OBJECTIVE 15.1 COMMUNITY PARTICIPATION IN SPORTS AND ACTIVE RECREATION

**15.1.1 Promote youth involvement, beginning at an early age, in sports and active recreation. Ensure that a variety of activities are accessible to the community.**

- Advocate for mandatory physical education programs in the schools.
- Target area schools and community centers to extend hours after school for sports and recreation programs.
- Encourage parents to get involved in their children's sports and recreation activities.

*Timeline:* Short – Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* COSA Parks and Recreation Department, San Antonio Natatorium, Boys and Girls Clubs, Guadalupe Community Center, Inman Christian Center, Guadalupe Church, SAISD, PTA's, Boy Scouts, San Antonio Area Girl Scouts

*Proposed Funding Sources:* Existing Programs

**15.1.2 Encourage adults of all ages to participate in active recreation to promote individual health within the community.**

- Promote elder recreation by organizing neighborhood walking groups.
- Organize culturally relevant exercise classes for adults; for example Latin dance.
- Organize new, and re-inspire existing, community gardens as an intergenerational outdoor learning activity.

*Timeline:* Short - Mid

*Lead Partner:* Community Health, Education and Well-Being Committee





*Partnerships:* COSA Parks and Recreation Department, Inman Christian Center, Guadalupe Church, Guadalupe Cultural Arts Center, San Antonio Natatorium, SAISD

*Proposed Funding Sources:* Existing Programs, Volunteer

## **GOAL 16: INCREASE PARTICIPATION IN NEIGHBORHOOD ORGANIZATIONS**

### **OBJECTIVE 16.1 STRENGTHEN COOPERATION AMONG AREA COMMUNITY ORGANIZATIONS**

#### **16.1.1 Provide leadership training and support to community residents in order to build capacity within the planning area.**

*Timeline:* Short and on-going

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Faith-Based Organizations, COPS / Metro Alliance, Making Connections, Local Cultural and Arts Organizations, Neighborhood Associations

*Proposed Funding Sources:* Minimal / Volunteer

#### **16.1.2 Increase communication and cooperation among complimentary community development organizations through periodic roundtable discussions.**

*Timeline:* Short and on-going

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Housing Non-Profits, Faith-Based Organizations, Neighborhood Associations and other Community Organizations, Guadalupe Cultural Arts Center, Esperanza Center, Avenida Guadalupe Association, COPS / Metro Alliance, Making Connections

*Proposed Funding Sources:* Minimal / Volunteer

### **OBJECTIVE 16.2 ENCOURAGE THE ESTABLISHMENT OF NEIGHBORHOOD ASSOCIATIONS**

#### **16.2.1 Encourage areas within the Community planning area not served by a neighborhood association to become active in the Planning Team Implementation process or organize their own neighborhood associations.**

- Focus should be placed particularly on the formation of neighborhood associations south of Apache Creek.

*Timeline:* Short and On-going

*Lead Partner:* Community Health, Education and Well-Being Committee





*Partnerships:* Neighborhood Resource Center, Avenida Guadalupe Association, Faith Based Organizations, Area Churches, , Making Connections, Area Cultural Organizations  
*Proposed Funding Sources:* Minimal / Volunteer Outreach

## **OBJECTIVE 16.3 ENCOURAGE COLLABORATION AMONG ADJACENT COMMUNITY PLAN AREAS**

### **16.3.1 Identify opportunities that exist for organizing and implementing community and neighborhood activities, designed to provide interaction between neighborhoods across community plan boundaries.**

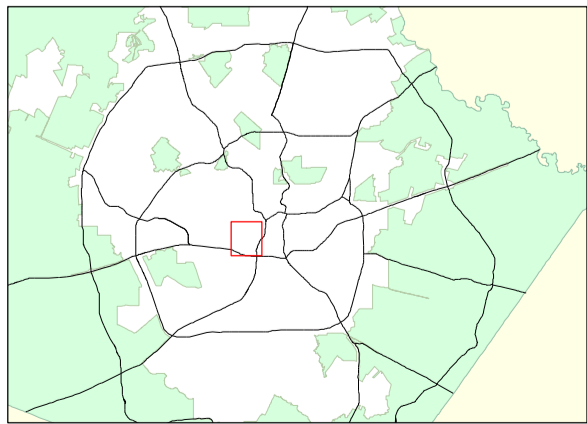
*Timeline:* Short – Mid

*Lead Partner:* Community Health, Education and Well-Being Committee

*Partnerships:* Neighborhood and Community Organizations, Local Churches, Avenida Guadalupe Association, Neighborhood Resource Center, Enterprise Foundation, United Way

*Proposed Funding Sources:* Minimal / Volunteer





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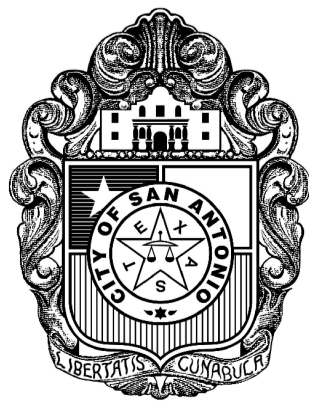
# Parks, Schools, and Libraries

## Guadalupe Westside Community Plan

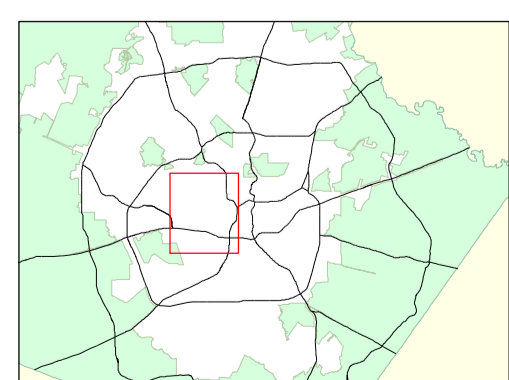
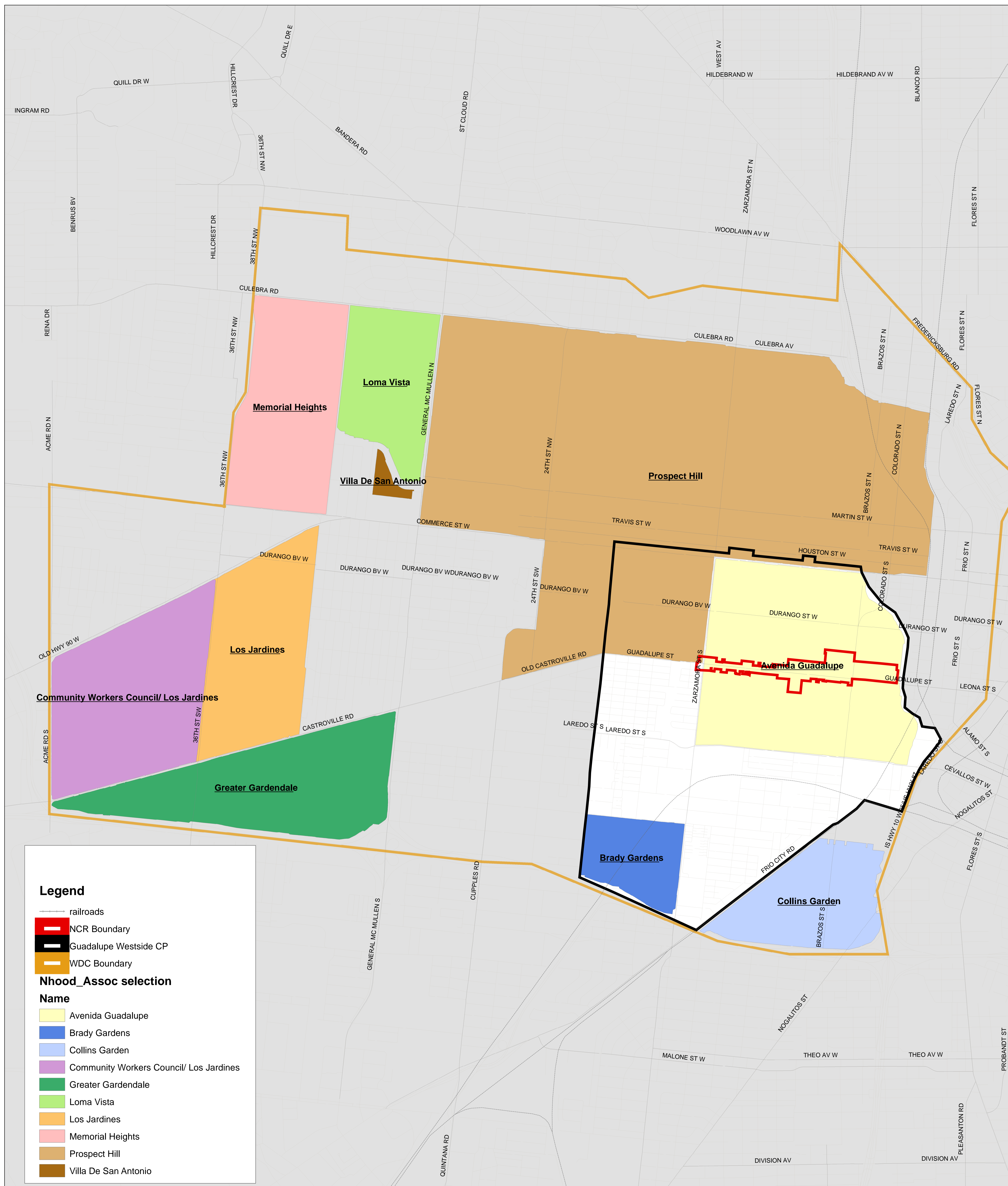
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Data Source: City of San Antonio Enterprise GIS, Bexar Metro 911, Bexar Appraisal District

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## Neighborhood Associations within WDC Area

Guadalupe Westside Community Plan

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